



strengthening
our home
and family

Deseret Book®

Family Home Evening Materials

Theme: I Will Seek Good Friends

Packet #030307

5 tips for successful Family Home Evenings

- 1. Pray.** Pray about the needs of your family as you consider topics for home evenings, and pray as you prepare.
- 2. Prioritize.** Make Family Home Evening a priority; learn to say no to other activities.
- 3. Involvement.** Involve everyone in the family; help little children take part.
- 4. Commitment.** Be committed and be consistent. Set a designated time and stick to it. Holding Family Home Evening on a weekly basis takes dedication and planning on the part of all family members.
- 5. Relax** and enjoy it. The most important thing your children will remember is the spirit they feel in your family home evenings and activities. Be sure the atmosphere is one of love, understanding, and enjoyment.

My Gospel Standard #12

I Will Seek Good Friends

Gospel Standard:

I will seek good friends and treat others kindly.

(*Faith in God* guidebooks, backcover)

Thought:

In my childhood, I was blessed with many good friends, friends who deeply influenced my life.

(Elder Gordon Taylor Watts, "Friend to Friend: Best Friends," *Friend*, Feb 2002, 8)

Song:

"Love One Another," *Children's Songbook*, p. 136.

Object Lesson:

Materials needed: chalk dust.

Procedure: After "chalking" your hands, show them to your family. Ask them what would happen if you shook hands with them or patted them on the back. Discuss.

Explain that friendship is much like the chalk dust. As we associate with friends, their good or bad qualities can rub off on us. Discuss how having a good friend can really support a person. Discuss what makes a friend.

(Beth Lefgren and Jennifer Jackson, *More Power Tools for Teaching*, [Salt Lake City: Bookcraft, 1991], p. 23.)

Story:

Being a Friend First

Ardeth G. Kapp

Years ago when I had just turned seventeen, I left my small hometown of Glenwood, Alberta, Canada, which has a population of approximately three hundred people. I went away for my senior year of high school because the courses I needed for graduation were not available to me at home. I knew only one person in my new school, and I was scared. I hadn't had any experience in making friends except with those I had grown up with. I didn't wear the latest fashions like the other girls, so I looked different. I wasn't part of the in-group or of any group, for that matter. I was away from home, homesick, and lonesome. Even if they had asked me, I didn't have the money to do the things the other kids did. I yearned for friends. There was so much talking going on, it seemed that everyone else had lots of friends. How do you get in? I wondered. Now one was discourteous, but I felt ignored, as if they didn't know I was there.

Can you imagine how desperately I wanted friends, or at the least one friend? I remember feeling alone, a long way from home. Kneeling by my bed day after day, night and morning. I prayed for friends, I pleaded for friends. I wanted boyfriends, girlfriends, young and older friends, member and non-member friends. I felt I needed friends for my survival. I talked to my Father in Heaven and promised that in every way I would strive to do what was right no matter what, if I could just be helped to know how to make friends in my new situation. The

thought came to my mind that maybe there were others who felt as I did; maybe I should try to forget about myself and be a friend first. I thought, I can smile, and I can say hi.

I believe that thought was a whispering of the Spirit in answer to my prayer. I began to focus on being a friend instead of having a friend. I listened to the Spirit. I did smile, and I said hi to everyone. I learned to be friendly. At first it was hard, but before long it became easier. At the end of my senior year, I was nominated by the student body as the representative girl for the high school where I had attended only one year. Some may have considered it a popularity victory, but I'll always know it was in answer to the fervent prayer of a sixteen-year-old who learned how to be friends with everybody.

(Jay A Parry, editor, *Everyday Answers*, [Salt Lake City: Deseret Book, 2003], p. 77.)

Activity:

Play "River Crossing"

Materials: Paper or fabric cut into 18x18-inch "rocks," 3 per team.

This game is best played in a large area. First, mark the boundaries of your "river" so the shores are as far apart as possible. The object is for each team to cross the river, using only their rocks and not touching the alligator-infested water, in the quickest time possible. You'll need to move the rocks as you go. Your family will quickly discern that only two people can cross at a time, with one returning with the rocks to fetch the next person. This activity is an excellent one to use to teach the importance of having good friends working together and looking out for one another as they travel the perilous waves of life.

(Clark L. and Kathryn H. Kidd, Kent D. and Shannon Pugmire, *Ward Activities for the Clueless*, [Salt Lake City: Bookcraft, 2001], p. 112.)

Refreshment

Jeff's 2 and 2 Brownies

2 cups brown sugar 2 eggs 2 cups quick oats
2 cubes margarine 2 cups flour

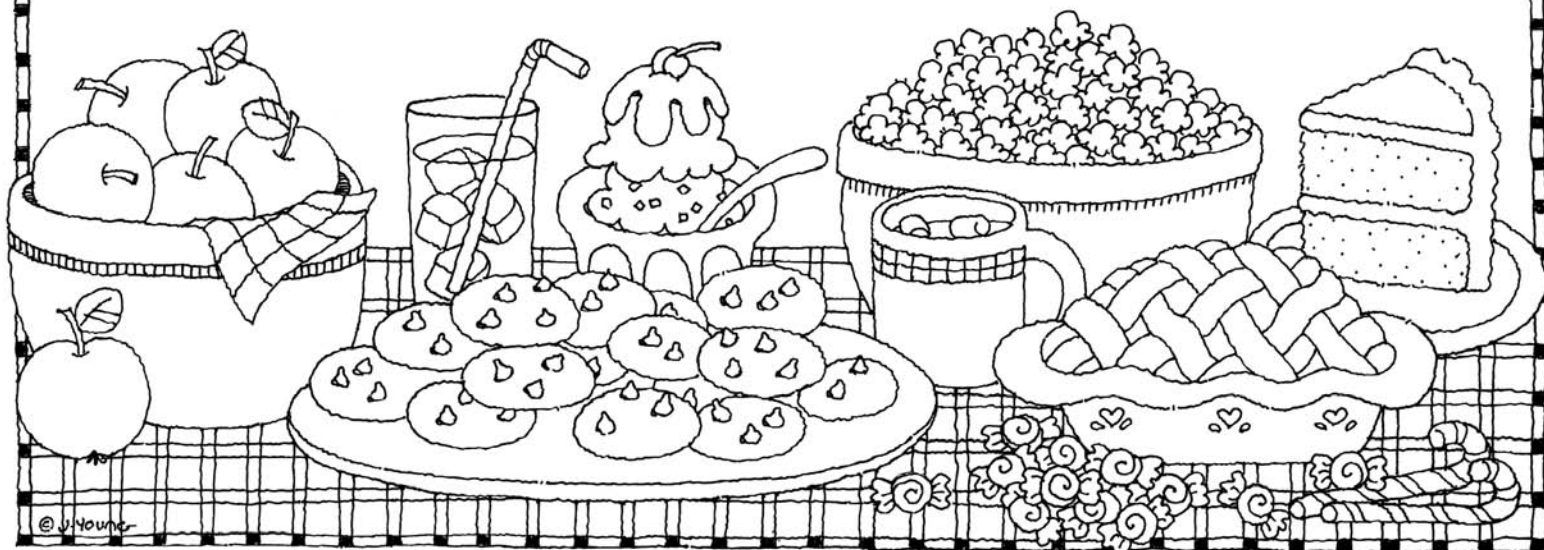
Cream together brown sugar and margarine. Add eggs and mix well. Add flour and oats. Mix well. Pat dough with hands into an 11-inch by 16-inch cookie sheet with sides. It will be like pressing cookie dough into the pan. Bake about 22 minutes at 350 degrees. Frost with chocolate frosting and cut into squares while still warm.

Frosting

3/4 cube margarine 2 tablespoons hot water
2 heaping tablespoons instant cocoa mix 2 cups powdered sugar
1 tablespoon dark cocoa

Melt margarine in a pan. Add both kinds of cocoa and water to margarine. Put powdered sugar in a mixing bowl. Then pour cocoa mixture into powdered sugar and stir until smooth. If frosting is too stiff, add an additional teaspoon of water.

(Karla C. Erickson, *Kids in the Kitchen*, [Salt Lake City: Bookcraft, 1980] p. 25.)



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